

## WHAT'S HOT

### Ain't it grand

Murphy's Bar grand opening celebration ceremony will be Wednesday at 5 p.m. in the basement of Murphy Hall, Bldg. 1045. Come and enjoy specials, hors d'oeuvres and the grand opening ribbon cutting.

## TODAY

### Hey mister DJ

Join Better Opportunities for Single Soldiers and DJ Suave at The Zone at 7 p.m.

For more information, call 353-9452.

## TOMORROW

### Get fired up

The Arts and Crafts Center offers a glass-fusing workshop from noon to 4 p.m. the cost is \$30.

Call 353-7520 for more information.

### One-on-one

Better Opportunities for Single Soldiers offers a one-on-one basketball tournament at The Zone at 6 p.m.

For more information, call 353-9452.

## MONDAY

### ID card for single Soldiers

Get your Better Opportunities for Single Soldiers ID card at 6 p.m. at The Zone.

For more information, call 353-9452.

## WEDNESDAY

### Providing for the family

Family Child Care offers a provider pre-orientation briefing at 11:45 a.m. in Bldg. 4176.

Call 361-6226 for more information

### Together we stand

The ADD/ADHD information and support group will meet at School Age Services, Bldg. 4391 from 6:15 to 8 p.m.

For more information call 353-4243.

### Winter awareness

All newcomers are invited to the "Chiller Thriller" at the Last Frontier Community Center from 6:30 to 7:30 p.m. Come out and learn the facts about winter survival and living in the arctic.

For information call 353-4333

### Beads galore

The Arts and Crafts Center offers a beading class making a triple strand necklace, from noon to 4 p.m. The cost is \$18.

Call 353-7520 for more information.

## WEDNESDAY AND THURSDAY

### Newcomers welcome

All newcomers are invited to the Newcomer's Orientation at the Last Frontier Community Center from 8:30 a.m. to 4 p.m. Come out and see what the Fort Wainwright community has to offer.

For information call 353-4333



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## Gourd-geous crafts

**Katelyn Boyde shows off a jack-o'-lantern** she painted at the Arts and Crafts Center last Halloween. MWR will host two indoor Halloween celebrations this year, offering tricks and treats, crafts, and community activities. The Arts and Crafts Center Halloween Event Oct. 30, offers free crafts, pumpkin decorating and treats from 1 to 7 p.m. The Last Frontier Community Center will have its annual Children's Halloween Party from 6 to 8 p.m. Oct. 31. The LFCC will offer games and treats sure to scare up a good time for all little monsters.

## THURSDAY

## AT CYS

### Laser tag

Last Frontier Community Center offers two-for-one laser tag games starting at 3:30 p.m.

Call 353-7755 for more information.

### Sing a song

It's "open mic night" at The Zone. This Better Opportunities for Single Soldiers event is from 6 to 9:30 p.m. For more information, call 353-9452.

## FITNESS

### Hyped about health

The Physical Fitness Center is offering a points-based fitness program, "Hooah for Health," supporting health and fitness.

Participants are given a list of activities to do and earn points towards fitness goals and prizes.

For more information, call 353-9137.

### Ready, set, spin

The Physical Fitness Center offers spin classes at Melaven Gym for \$3 per class.

- Monday and Wednesday at 6 p.m.
- Tuesday and Thursday at noon
- Saturday at 11:30 a.m.

For more information, call 353-1994.

## MONDAY

### Pressing competition

The Physical Fitness Center hosts Red Ribbon Week events and offers a bench press competition.

Call 353-7223 for more information.

### Growing up right

Child and Youth Services offers "Parents as Teachers: Heroes at Home," a program to help all children learn, grow and develop their full potential.

For more information, call 361-7713.

## FRIDAY

### Nothin' but net

Youth Services is hosting a five-on-five basketball challenge. Teams must be signed up by 6:30 p.m., and games are from 7 to 10 p.m.

Call 361-KIDS for more information.

## ACS NEWS

### Help for new parents

Army Community Service offers "New Parent Support," a program that provides infant-care classes, parenting classes, resource referrals, play mornings and home visits.

To enroll, call 353-7515 or visit Army Community Service Monday through Friday from 8 a.m. to 5 p.m.

### ACS classes

The following classes are offered through Army Community Service. For more information, call 353-4248.

**Monday** – "Building Relationships" from 5 to 6 p.m.

**Tuesday** – "Taming Back Talk" from 5 to 6 p.m.

"SAFE: Sexual Assault Facts & Education" 5 to 6:30 p.m.

**Wednesday** – "Time Management" from 5 to 7 p.m.

"When Tempers Flare" from 11:30 a.m. to 1 p.m.

**Thursday** – "Punishment and Discipline" from 11:30 a.m. to 1 p.m.

"Dual Military Families" from 5 to 6 p.m.

## TUESDAY AND THURSDAY

### Play date

Play mornings are an interactive play group designed to teach parents developmentally appropriate play and to help children improve their social, cognitive and motor skills.

The group meets from 9:30 to 11 a.m. at the Last Frontier Community Center.

For more information, call 353-7515.

## COMING UP

### OCT. 26

### Calling ghosts and goblins

The Zone and BOSS join forces to offer an adult Halloween Party from 9 p.m. to 2 a.m. at the Zone. Enjoy games, live DJ, and a \$100 cash prize costume contest.

Call 353-1085 for more information.

### OCT. 30

### Family fright

The Arts and Crafts Center offers a family fun Halloween Fest from 1 to 7 p.m. Enjoy creative craft activities and treats for the whole family. Call 353-7520 for information.

### OCT. 31

### Ghoulish goodies

The Last Frontier Community Center offers children a Tricks and Treats Halloween Party from 6 to 8 p.m. Call 353-7755 for more information.